

Chocolate Long-Run Cake (only eat after a long run!)
from Runner's World



For the cake

1 cup organic apple-sauce
1 15.5-ounce can black beans, drained (shhhhhhh)
1 ½ cups oat flour
1 cup cocoa powder
2 teaspoons baking powder
1 teaspoon salt
1 cup agave syrup
2 eggs
¼ cup coffee
1 teaspoon vanilla

For the frosting (optional)

2 8-ounce packages organic cream cheese
¼ cup agave syrup
¼ cup organic, natural-style, creamy peanut butter
Pinch of salt

For the cake

Preheat oven to 350°F. In a food processor, blend the applesauce and beans. In a bowl, whisk the oat flour, cocoa, baking powder, and salt. In the bowl of an electric mixer, whisk the agave syrup and eggs until light and foamy. Reduce mixer speed to medium slow and pour in coffee; mix until combined. Add bean-and-applesauce mixture and vanilla to the egg mixture. Beat until combined. Add oat-cocoa mixture all at once. Beat on low until just moist, then increase speed and beat until smooth, 30 seconds. Divide batter among 12 greased mini-loaves (the batter should reach ¾ of the way up the loaf pan). Bake for 20 to 25 minutes, until the cake springs back when poked. Makes 12 loaves.

For the frosting

In a clean bowl of an electric mixer fit with the paddle attachment, beat together the cream cheese, agave, peanut butter, and pinch salt until smooth. If the mixture is too soupy, refrigerate until firm, about one hour. Divide the frosting among the loaves, spreading with a small offset spatula or the back of a small teaspoon.

CALORIES PER LOAF (NO FROSTING) 186; CARBS: 38 G; FIBER: 4 G; PROTEIN: 4 G; FAT: 2 G /
CALORIES PER LOAF (WITH FROSTING): 365; CARBS: 46 G; FIBER: 4 G; PROTEIN: 8 G; FAT 18G